



**COMMANDING GENERAL  
UNITED STATES ARMY CENTRAL  
COALITION FORCES LAND COMPONENT COMMAND  
CAMP ARIFJAN, KUWAIT  
APO AE 09306**

**5 May 2008**

Team,

As Soldiers, we have the potential to be exposed to more traumatic and tragic events with psychological and physiological impacts than do most other professions. Soldiers make life and death decisions daily, and the stress impacts each one of us differently. If you need assistance or your battle buddy needs it, get it now. You are the strength of the Army and the Nation, and your health and readiness are critical to the Army as well as those who love you most.

The month of May is National Mental Health Month. I encourage each of you to be aware of your surroundings and help your battle buddies seek the assistance they may need. I also encourage you to seek the assistance you need if you think that things aren't quite "right."

The Army's goal is to provide every Soldier with care, support and services they need and the earlier the better. There are more resources available today to help Soldiers than in any time in history.


Key to effective treatment is to get treatment early. In support of getting Soldiers early treatment, GEN George W. Casey, Jr., Chief of Staff of the Army, announced on 1 May that effective immediately, questions relating to mental health on security clearance questionnaires are changed.

The Army requested and the Secretary of Defense won approval for revision of Question 21 on the National Security Positions Questionnaire (Standard Form 86). The revision now excludes counseling related to marital, family and grief issues. (The DOD policy is located at: [www.army.mil/sf86q21](http://www.army.mil/sf86q21).)

The policy was changed to reduce concerns that psychological or behavioral health counseling may impact security clearance and careers. Reducing the concern and stigma of seeking assistance allows issues to be identified and addressed earlier - before psychological stress escalates.

I urge you to review the materials included with this message and to ensure dissemination to every level of your respective commands, sections, and organizations. In USARCENT, we do the mission and protect the force.

Patton's Own!

  
James J. Lovelace  
Lieutenant General, United States Army  
Commanding